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little too French in its contents. The Association is an international one, and has a considerable section of members in the United States, as well as in European countries, whose doings, if there have been any, ought to have been in the Bulletin. To have been complete, the Bulletin ought also to have had a concise account of the general peace movement throughout the world.

HEALTH THROUGH SELF-CONTROL IN THINKING, BREATHING, EATING. By William Anthony Spinney, A. M. Boston: Lothrop, Lee & Shepard Co. 301 pages. Price, \$1.20 net.

If the writer of this note were not a healthy man he would buy Mr. Spinney's book at once and read it from cover to cover, and try to practise it as he went along, and afterwards. Well people might also learn a good deal from its pages as to how to stay well. "The purpose of the work is to prove that health of body and mind is a science and an art, and not in any respect a haphazard matter; that all can live more successfully here and now." Mr. Spinney points the way to health and happiness in a thoroughly sane and scientific manner. His style is pleasing, and the readableness of his pages is enhanced by a judicious amount of incident and story. We commend the book to our readers. It will promote health of body and peace of mind, and whatever promotes peace of mind tends to peace in communities and among the nations. We need not say that a man of Mr. Spinney's good sense is a member of the American Peace Society, in good and regular standing.

IN THE FIRE OF THE HEART. By Ralph Waldo Trine. New York: McClure, Phillips & Co. 336 pages.

The title of this new book, the printing, binding and general appearance of which are healthy and encouraging, does not suggest much as to the contents, except to those who are acquainted with Mr. Trine's previous writings. It is an effort to interpret "The Conditions That Hold Among Us," as individuals and as a social order, and to point out the sort of living and thinking and acting among our fellow men that will make us the best and happiest that we can be, and the most influential possible in aiding others to reach the ideal human life. The titles of the chapters are: "With the People; a Revelation;" "The Conditions That Hold Among Us;" "As Time Deals With Nations;" "As to Government;" "A Great People's Movement;" "Public Utilities for the Public Good;" "Labor and Its Uniting Power;" "Agencies Whereby We Shall Secure the People's Greatest Good;" "The Great Nation;" and "The Life of the Higher Beauty and Power." The book is thoroughly democratic in its ideas and positions, and deals vigorously and impartially with the labor-capital problems which beset the nation so heavily to-day. The remedies which Mr. Trine believes in are largely the spiritual principles of love, justice, brotherliness, unselfish devotion to the good of others, doing to others as you would have them do to you; and the bringing of the laws as far as possible to support these principles. There is a fine discussion in the ninth chapter on the nature and power of true patriotism, and some trenchant utterances on the causes of wars that will well repay

consideration. Mr. Trine closes his work with a page and a half of what he calls his creed. It is the creed, on the practical side, of a good many other people, too. Read the book; it will do you good.

Pamphlets Received.

PACIFISME ET PATRIOTISME. Notes et Fragments. By Emile Arnaud. Luzarches, France.

PRESENT CONDITIONS IN CHINA. By Hon. John W. Foster, Ex-Secretary of State. Reprinted from the *National Geographic Magazine*, December, 1906. 27 pages.

PA VAKT MOT MILITARISMEN. By K. P. Arnoldson. Stockholm, Sweden. 28 pages.

THE FEDERATION OF THE WORLD. By W. J. Bartnett, 628 Montgomery Street, San Francisco. 16 pages.

JAMES WILSON, PATRIOT, AND THE WILSON DOCTRINE. By Lucien Hugh Alexander of the Philadelphia Bar. Reprinted from the *North American Review*, Mid-November, 1906. 19 pages.

BULLETIN OFFICIEL DU XV^{me} CONGRES UNIVERSAL DE LA PAIX, Milan, 1906. In French. Price, 40 cts. Can be had of the American Peace Society.

UNITED NATIONS OF THE WORLD. By George C. Gregory of the Richmond (Va.) Bar. 14 pages.

LA LIMITATION DES ARMEMENTS. By Senator d'Estournelles de Constant. Address at the London Interparliamentary Conference, July, 1906. In French. Reprinted from *La Revue*, 12 Avenue de l'Opera, Paris.

A PRECEDENT FOR DISARMAMENT. A suggestion to the Peace Conference. By Ernest Crosby. Reprinted from the *North American Review*, October 19, 1906.

International Arbitration and Peace Lecture Bureau, 31 Beacon Street, Boston.

The following persons may be secured to give lectures, club talks and addresses before public meetings, churches, schools and other organizations on international arbitration and peace. Those wishing their services should communicate directly with them as to dates and terms.

Mrs. Fannie Fern Andrews, 378 Newbury St., Boston.

Raymond L. Bridgman, State House, Boston.

E. Howard Brown, Paonia, Col.

Ernest H. Crosby, 19 Liberty St., New York City.

W. C. Dennis, State Department, Washington.

Rev. Charles F. Dole, Jamaica Plain, Mass.

Professor Cyrus W. Hodgin, Earlham College, Richmond, Ind.

Rev. William G. Hubbard, Columbus, Ohio.

Miss Carolina Huidobro, 1108 Boylston St., Boston.

Edwin D. Mead, 20 Beacon St., Boston.

Lucia Ames Mead, 39 Newbury St., Boston.

Dr. Ernst Richard, Columbia University, New York.

Dr. Homer B. Sprague, The Evans, Newton, Mass.

Benjamin F. Trueblood, 31 Beacon St., Boston.

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